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SERVING MANY

Food news for food managers in industrial
plants, restaurants, hotels, and hospitals

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Meat-extender dishes come back into their own with the recent change
in meat rationing. Macaroni, spaghetti and noodles...all good meat
extenders...are among this month's foods in abundant supply. There
are, however, important factors to be considered when these foods
are used as the main dish in the worker's meal.

WHAT ABOUT PROTEIN CONTENT?

A serving of plain macaroni, spaghetti, or noodles contains a small
amount of protein but not nearly enough to contribute one-third of
the daily requirement. Therefore, they should be combined with meat,
poultry, fish, eggs, or cheese in order to furnish enough protein for
an adequate meal. Portions should be not less than 6 ounces.

Macaroni, spaghetti, or noodle dishes that contain neither meat nor a
meat alternate, such as spaghetti with tomato sauce or scalloped
noodles with vegetables, may be served to accompany meat but should
not be used as meat substitutes.

WHAT ABOUT FLAVOR, COLOR, TEXTURE?

The food manager who knows the worker's taste will carefully combine
a macaroni, spaghetti, or noodle meal with foods strong in flavor,
bright in color, and different in texture. Tomatoes, green peppers,
pimientos, meats, and cheese are flavorful additions.

Crisp, green salads add an excellent contrast to the soft-textured
paste products. Fruit salads, carrot sticks, and sliced tomatoes all
add flavor, color, and texture.

GOOD AND BAD COMBINATIONS

It's simple to plan an appetizing, wholesome menu but too often an un-
appetizing combination appears on the menu board with a main dish of
macaroni, spaghetti, or noodles.

Here's a typical example of a poor menu:

>Macaroni and cheese
>Mashed potatoes
>Creamed onions
>Whole-wheat bread
>Butter or fortified margarine
>Coconut cream pudding
>Beverage

All these foods are soft in texture, bland in flavor, colorless.
There's no "eye appeal" to attract the customer and make him think
"that looks good". With a few changes, this meal can be transformed
to a gourmet's delight:

>Macaroni and cheese
>Buttered carrot strips
>Tossed green salad
>Whole-wheat rolls
>Butter or fortified margarine
>Peach cobbler
>Milk

This menu is colorful. It provides agreeable flavor as well as crisp
texture in the tossed green salad and the tart dessert. It is more
wholesome than the first menu because the vegetables provide a more
liberal allowance of Vitamin A and Vitamin C and because the milk sup-
plies calcium, high quality protein, and riboflavin.

OTHER SUGGESTIONS FOR COMBINATIONS

These suggestions for main-course combinations when macaroni, spa-
ghetti, or noodle dishes are the main dish of the meal have been planned
with an eye to texture, color, and flavor.

1. Creole macaroni with meat, buttered green peas, fresh fruit salad.
2. Macaroni with tomatoes and bacon, buttered broccoli, raw carrot
   strips.
3. Spaghetti with cheese, baked Hubbard squash, cabbage slaw.
4. Italian spaghetti with meat balls, buttered spinach, apple and
   orange salad.
5. Scalloped noodles with chicken, buttered green beans, cabbage, and
   carrot salad.
6. Scalloped noodles with eggs and cheese, buttered kale, tomato and
   endive salad.

The recipes which follow are given for two meat-extender dishes and one
meat-alternate dish.

CREOLE MACARONI WITH MEAT

Ingredients	100 Portions	500 Portions
Macaroni, cut	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Canned tomatoes	2 gallons	10 gallons
Onion, chopped	1 pound	5 pounds
Green peppers, chopped	12 ounces	3-1/2 pounds
Bacon fat	1 pound	5 pounds
Ground beef and pork	6 pounds	30 pounds
Chili powder	1/2 ounce	2-1/2 ounces

Size of portion - 6 ounces

1. Cook the macaroni in boiling, salted water until tender. Drain.
2. Cook the onions and peppers in the bacon fat for 5 minutes. Add the meat and brown.
3. Combine the meat, tomatoes, and spaghetti.
4. Pour into greased baking pans and bake at a moderate heat (350° F.) for 45 minutes.

BAKED SPAGHETTI WITH PORK

Ingredients	100 Portions	500 Portions
Spaghetti, broken	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Onions, chopped	1 pound	5 pounds
Carrots, chopped	5 pounds	25 pounds
Celery stalks and leaves, diced	2 pounds	10 pounds
Green peppers, chopped	1 pound	5 pounds
Pork shoulder, cut in 1/2 inch cubes	10 pounds	50 pounds
Bacon drippings	1 pound	5 pounds
Paprika	1/2 ounce	2-1/2 ounces

Size of portion - 6 ounces

1. Cook the spaghetti in boiling, salted water until tender. Drain.
2. Steam chopped carrots, celery, and peppers until just tender.
3. Cook the onion and pork in the fat until lightly browned.
4. Combine vegetables, spaghetti, and meat. Season with paprika.
5. Put into greased baking pans and cook at a moderate temperature (325° F.) for about 1-1/2 hours or until the meat is tender.

SCALLOPED NOODLES, EGGS, AND CHEESE

Ingredients	100 Portions	500 Portions
Noodles, dry	6 pounds	30 pounds
Boiling water	5 gallons	25 gallons
Salt	2 ounces	10 ounces
Cheddar cheese, ground	3 pounds	15 pounds
Paprika	1/2 ounce	2-1/2 ounces
Milk	2 gallons	10 gallons
Fat	1-1/2 pounds	7-1/2 pounds
Flour	1 pound	5 pounds
Salt	1/2 ounce	2-1/2 ounces
Hard cooked eggs	50	250

Size of portion - 6 ounces

1. Cook the noodles in boiling, salted water until tender. Drain.
2. Make a sauce of the fat, flour, salt, and milk.
3. Add the ground cheese and paprika to the hot sauce and stir until mixed.
4. Slice the eggs crosswise.
5. Put alternate layers of noodles, cheese, sauce, and eggs in greased baking pans. Top with cheese sauce.
6. Bake at a moderate temperature (350° F.) for 45 minutes or until well heated and lightly browned.

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